



NASA Health Promotion and Wellness Team

March 26,



Stress Campaign


- o NIAT-1 Psychological/Physical Health
- o NASA Changes
 - New Administrator
 - Budget Overruns
 - Privatization
 - Resources

Stress Campaign

- o Partner with EAP
- o Plan Activities for Campaign
- o Consider Individuals/Populations at Risk
 - EAP
 - Clinic
 - HFC
 - Work Groups

Stress Campaign

- o 2002 National Health Observances
 - o April Counseling Awareness Month
 - o May 8th National Anxiety Disorders Screening Day
 - o May Mental Health Month

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Campaign Promotional Materials

- o The Stress Profiler
- o Stress Check Cards
- o Stress Poster

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Promotional Materials

- o The Stress Profiler by Audio Vision
- o Self scoring test
- o Education
- o What You Can Do
- o Resources
- o Scoring and Graph Results

The Stress Profiler

- o Control
- o Support
- o Change
- o Financial security
- o Time pressure
- o Worry
- o Anger
- o Symptoms
- o Outlets
- o Contentment

Other Resources

- o NASA OHP Stress Poster
- o NASA Health Promotion & Wellness Team Poster
- o NASA OHP Website
 - Supervisor EAP Training Module
 - NASA Effective Stress Management

Other Resources

- AHA Heart at Work Program Online
 - Stress Management Module
 - Getting Started
 - Educational and Promotional Materials
 - Let's Go Bingo Challenge
 - “Life in the Stressed Lane” Seminar



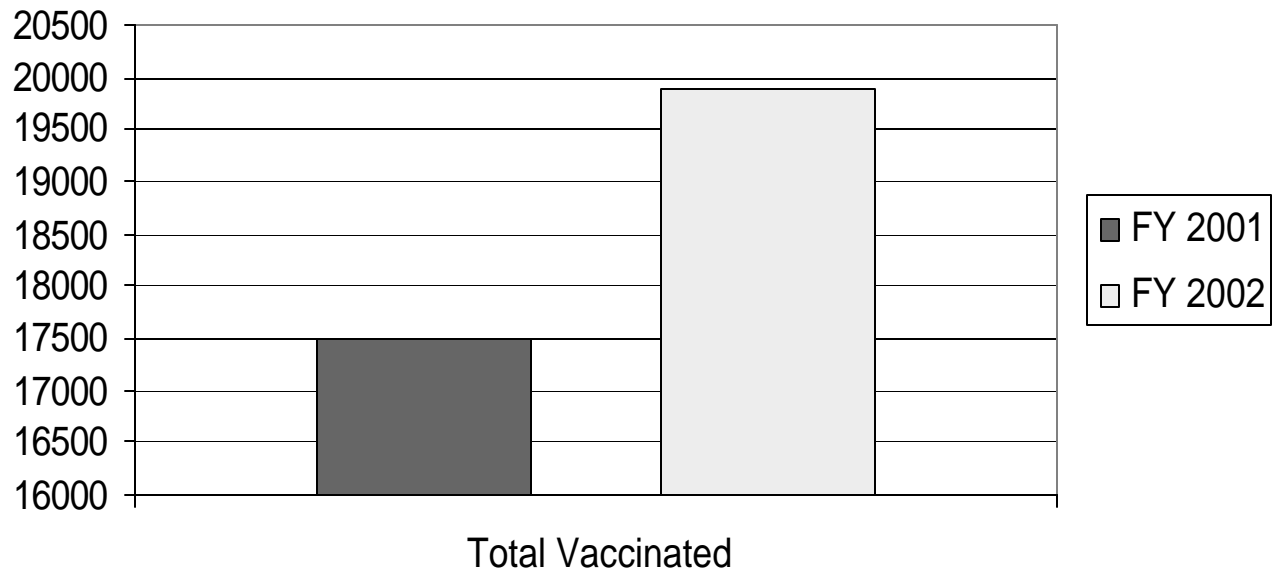
American Heart Month

- o Center Activities
- o AHA HAW Online Program
- o Survey
- o Other
 - o Impact of Heightened Security

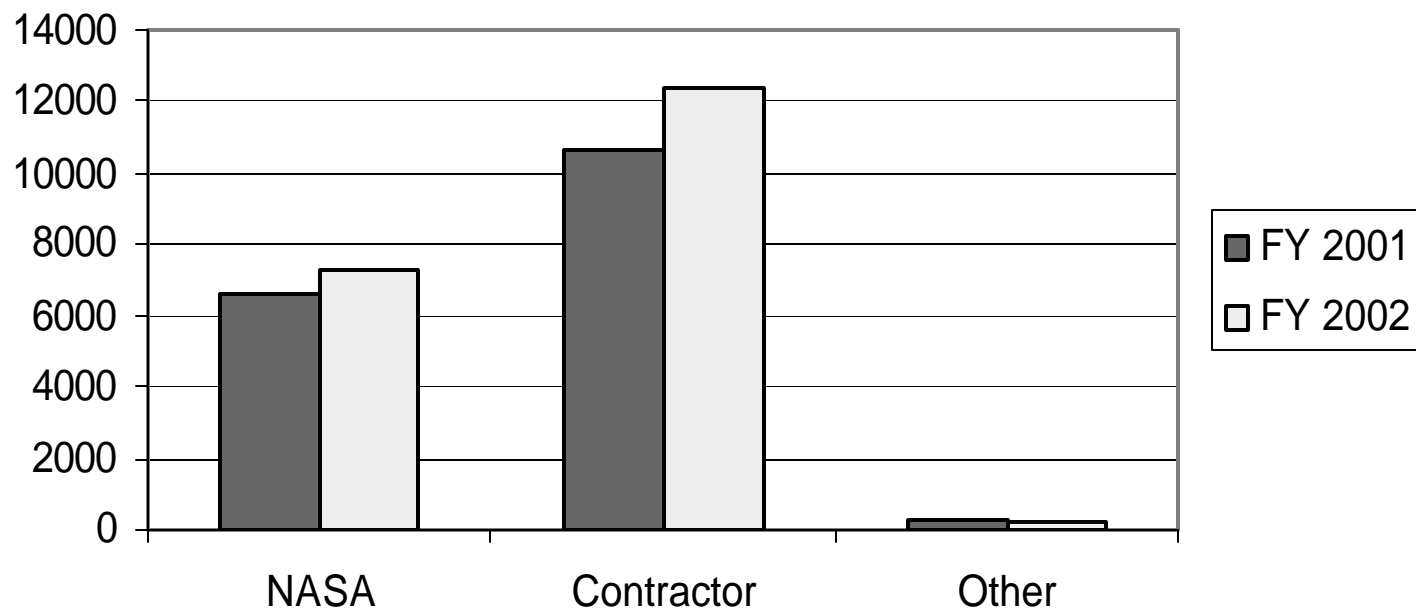
Influenza Vaccinations

o FY 2002 Total	19,891
o NASA	7,271
o Contractors	12,442
o Others	178
o FY 2001 Total	17,510
o NASA	6,585
o Contractors	10,638
o Others	287

Influenza Vaccination



Influenza Vaccinations



Influenza Vaccinations

- o FY 2001
 - o Limited supplies of vaccine
 - o Delay in release of vaccine
- o FY 2002
 - o Impact of 9/11

Wrap Up

- o Next ViTS June 19th 3-4 PM EST
- o Solar Safe 4th quarter campaign
- o Survey Response